

A weekly resource  
for your well-being

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# A TIP FOR TENNESSEANS

September 19, 2017

## SHINGLES: HOW TO AVOID THIS DANGEROUS VIRUS

You've probably heard of shingles, the painful skin rash caused by the chickenpox virus. But did you know that one in three adults over 60 years old will get shingles in their lifetime?<sup>1</sup> That's more common than diabetes!<sup>2</sup> Although shingles lasts only a few weeks, it can have long-lasting effects. That's why it's important to brush up on [the basics](#) and [know the signs](#).

### THE BASICS

- Anyone who's had chickenpox can get shingles.
- The risk is higher if you're 60 years or older, or if your immune system is weak.
- The rash can last two to four weeks, but the pain may linger for months after.
- You can't spread shingles directly to another person. But you can spread the virus, which can cause chickenpox.
- There's only one way to prevent it—the shingles vaccine. Ask your doctor about the shot. The state health plan will cover the cost of the vaccine for those sixty and over if administered in a vaccine Network pharmacy or through your medical provider.



### Use your resources.

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### QUICK LINKS

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### WHAT TO DO IF YOU GET SHINGLES

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- Cover up the rash and avoid touching it.
- Wash your hands to keep the chickenpox virus from spreading.
- Avoid contact with people the virus could possibly affect, including pregnant women, infants and people with weak immune systems.
- Ask your doctor if antiviral medicine may be able to help.



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**References:**

"Shingles. Overview." The Centers for Disease Control and Prevention, 15 March 2016. Web. 2 August 2017. "National Diabetes Statistics Report, 2017." The Centers for Disease Control and Prevention, 2017. Web. 2 August 2017. "Shingles. Prevention and Treatment." The Centers for Disease Control and Prevention, 19 August 2017. Web. 2 August 2017. "Shingles. Signs & Symptoms." The Centers for Disease Control and Prevention, 19 August 2016. Web. 2 August 2017. "Shingles. Transmission." The Centers for Disease Control & Prevention, 17 September 2016. Web. 2 August 2017.

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